



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 11006, Arrowhead, cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	326	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	4.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	2.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	16.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Minerals													
Calcium, Ca	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	1.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	197	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	881	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.285	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	μg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.144	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.449	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.206	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Flavonoids													
Flavonols													
Isorhamnetin ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

¹Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741